



CALIFORNIA SCHOOLS  
**VEBA**

**24 HOURS,  
7 DAYS A WEEK.**

**ANYONE CAN CALL 866-342-6892  
TO SPEAK TO A PROFESSIONALLY  
TRAINED MENTAL HEALTH EXPERT**

## FREE OPTUM SUPPORT LINE

Available for ALL  
Members of Community

VEBA members can access additional resources through the Optum EAP, including five free telephonic, virtual, or face-to-face visits with a therapist.

**Learn more at [www.liveandworkwell.com](http://www.liveandworkwell.com); access code: VEBA**

# VEBA EMOTIONAL WELL-BEING RESOURCES

Is all the news about coronavirus stressing you out? On top of worrying about your health, you are quarantined at home all day while juggling your family and job responsibilities.

Before anxiety takes over your life, check out resources available to you as a VEBA member. Remember that it's more important than ever to care for the whole you – *MIND, BODY AND SPIRIT.*



## 3 WAYS TO CONNECT WITH THE VEBA RESOURCE CENTER

1

### FACEBOOK LIVE WITH DR. SONDOOZI

*Get Real-Time Support to Your  
Challenges Every Tuesday &  
Thursday at 12:30pm*

2

### ONE-ON-ONE APPOINTMENT WITH A CARE NAVIGATOR

*Our holistic nurses help connect you  
with the resources you need.*

*To schedule an appointment or class call 619-398-4220  
or email [vrc@mcgregorinc.com](mailto:vrc@mcgregorinc.com)*

3

### LIVE CLASSES THROUGHOUT THE WEEK

*From yoga to cooking to meditation,  
we'd love to have you join us!*

Visit our VRC channels for Well-Being Resources and Updates



# RECOMMENDED SUPPORT APPS



Using a mindfulness or meditation app on your phone can be a great way to reduce your stress and anxiety during the day. Here are a few of our favorites:



My Strength  
*Free for Kaiser  
Members Only*

## SUPPORT RESOURCES THROUGH THE HEALTH PLANS

All VEBA health plans included comprehensive mental health resources, to meet your needs, including anxiety, stress and depression under crisis.

### KAISER

Call **800-900-3277** or visit [kp.org/mentalhealth](http://kp.org/mentalhealth)

Find resources at [kp.org/selfcare](http://kp.org/selfcare)



### UHC/UMR CARE THROUGH OPTUM

Call the number on your ID card or call Optum EAP at **888-625-4809**

### CIGNA

Call **866-912-1687**  
[www.cigna.com/coronavirus/](http://www.cigna.com/coronavirus/)

### SIMNSA

**800-424-4652** (U.S.) or **664-231-4747** (Tijuana)  
Covid-19 website at [simnsaprevencion.com/](http://simnsaprevencion.com/)

## COMMUNITY RESOURCES

**Suicide Prevention Lifeline**  
800-273-8255 or text 838255

**Domestic Violence Hotline**  
800-799-SAFE (7233) or text LOVEIS to 22522

**Substance Abuse Hotline**  
800-662-HELP (4357)

**CA Youth Crisis Line**  
800-843-5200 (call or text)



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